

IN THE CLAIMS:

1. (Currently amended) A method for backing up data, the method comprising:
establishing at a server a connection with a wireless device over a wireless network using a wireless protocol;
pushing over the wireless network a request to backup data to the wireless device;
receiving the data from the wireless device; and
storing the data on a storage device connected to the network.
2. (Original) The method as recited in claim 1, wherein the connection is established in response to receipt of an indication that the wireless device has been powered on.
3. (Original) The method as recited in claim 1, wherein connection is established periodically.
4. (Original) The method as recited in claim 1, wherein the connection is established in response to receipt of a request to backup data from the wireless device.
5. (Original) The method as recited in claim 1, wherein the step of pushing the request comprises sending a textual based service load to a proxy server, wherein the proxy server is configured to translate textual based service loads to binary based service loads and send the translated service load to the wireless device.
6. (Original) The method as recited in claim 5, wherein the service load provides a uniform resource identifier for an application that the wireless device may retrieve to transmit the data to the server.
7. (Original) The method as recited in claim 1, wherein the data includes at least one of phone lists, calendars, address lists and note.

8. (Original) The method as recited in claim 1, wherein the connection between the server and the wireless device uses unused extra bandwidth.
9. (Original) A method on a proxy server for facilitating data backup, the method comprising:
- receiving a request in a first protocol from a backup server for a wireless client to backup data to the backup server;
 - translating the request formatted in the first protocol into a translated request formatted in a second protocol, wherein the second protocol is compatible with the wireless client;
 - sending the translated request to the wireless client over a wireless network;
 - receiving over the wireless network the data from the wireless client formatted in a third protocol;
 - translating the data formatted in the third protocol into translated data formatted in a fourth protocol compatible with the backup server; and
 - sending the translated data to the backup server.
10. (Original) The method as recited in claim 9, wherein the request is a textual based service load providing the client with a uniform resource identifier for an application which will identify, locate, and transmit the requested data to the backup server.
11. (Original) The method as recited in claim 9, wherein the translated request is a binary based service load.
12. (Original) The method as recited in claim 10, wherein the third protocol is a wireless application protocol.
13. (Original) The method as recited in claim 10, wherein the fourth protocol is a hypertext transfer protocol.